

Mental Health and Substance Abuse Services Division

Wyoming Department of Health

September 2009

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September
National Alcohol
& Drug Addiction
Recovery Month

What is Recovery Month?

Recovery Month celebrates the societal benefits of substance abuse treatment, applauds the contributions of treatment providers and promotes the message that recovery from substance abuse in all its forms is possible. The observance also encourages citizens to take action to help expand and improve the availability of effective substance abuse treatment for those in need. Each year a new theme, or emphasis, is selected for the observance.

Recovery Month celebrates people in recovery and those who serve them. Each September, thousands of treatment programs around the country celebrate their successes and share them in an effort to educate the public about treatment, how it works, for whom, and why. Substance abuse treatment providers have made significant accomplishments, having transformed the lives of untold thousands of Americans. These successes often go unnoticed by the broader population; therefore, Recovery Month provides a vehicle to celebrate these successes.

Recovery Month also serves to educate the public on substance abuse as a national health crisis, that addiction is a treatable disease, and that recovery is possible.

Recovery Month highlights the benefits of treatment for not only the affected individual, but for their family, friends, workplace, and society as a whole. Educating the public reduces the stigma associated with addiction and treatment. Accurate knowledge of the disease helps people to understand the importance of supporting treatment programs, those who work within the treatment field, and those in need of treatment.

<http://www.recoverymonth.gov>

Wyoming Events

Sept. 10, 8-noon, 116 S. 3rd St., Basin, WY
Workshop to discuss community recovery services collaboration.

Sept. 10, 1-5 pm, 114 Lane 12, Lovell, WY
Workshop to discuss community recovery services collaboration.

Sept. 12, 11am – 2pm, Kendrick Park, Sheridan, WY:
Experience, Strength, and Hope
Recovery Picnic food, fun, horseshoes, volleyball, recovery speakers. Fun for the whole family.

Sept. 12, 11am – 6pm, Holliday Park, Cheyenne, WY - Food, fun, games, music, recovery meetings. A day of fun for the whole family. \$3 per plate Mitchell's BBQ at noon.

Sept. 12, 11am – 3pm, Washington Park, Casper, WY: Recovery Rocks! -Live music by Flashback, food, fun, lots of kids activities, stories of recovery. Fun for the whole family.

Sept. 18, 8-noon, at local schools, Green River, WY - Miss Wyoming Anna Nelson will participate in a wellness fair with local schools.

Sept. 19, 10am – 2pm, Lander City Park, Lander, WY- Celebration walk, booths, food. T-shirts for those who participate in the walk which starts at 10:00.

Sept. 22, 6:30 – 9:00pm. Evanston Machine Shop, Evanston, WY - Registration preferred: Alicia at 789-0715 ext 526
Pulled Pork BBQ, Recovery Stories, Music by Ragged Company. Bring the whole family

September, Sweetwater County
Watch for local awareness media campaign throughout the towns of Green River & Rock Springs.

For a full list and updates, visit <http://health.wyo.gov/mhsa> or call 1-800-535-4006





On My Mind

By Rodger McDaniel

Customer service has been a top priority for the Mental Health and Substance Abuse Services Division. Our “customers” include the citizens of Wyoming particularly those consumers who need mental health and substance abuse services and organizations that advocate for them, e.g. UPLIFT, National Alliance on Mental Illness (NAMI) and Wyoming Self Advocates Advisory Group (WYSAAG). We view customer service as being the key to empowering communities and individuals to assume leadership roles in meeting the challenges of mental illness and addictions in their own communities

We have many other customers as well. Among them are the treatment providers, both the community mental health and substance abuse centers and the private providers. We also serve the community leaders who are a part of the dozens of alcohol, drug, and tobacco prevention coalitions across the state. Other “customers” include drug court judges and teams, other state and local agencies with whom we partner, the legislature and, of course, the Governor.

Each year the Division conducts a highly transparent survey, asking the hundreds of “customers” we serve to rate us.

As the head of the Division, I am especially proud of the scores my staff earned from consumers and their families. While every one of our customers is important to us, what ultimately determines our success is whether those children, families and individuals who need services get what they need from the Division and all of our other partners. The 2009 survey indicates the Division is meeting their needs.

We invite you to review the results by going to this link:

<http://www.health.wyo.gov/mhsa/2009consumersurvey.html>.

Also, the Mental Health and Substance Abuse Services Division has adopted a Strategic Plan to guide its work for the next two years. The plan should be on the Department of Health website for review soon.

The plan reflects the mission of the Division and its core functions. Your comments are welcomed. Please email me at rodger.mcdaniel@health.wyo.gov.



First Lady Nancy Freudenthal

Addresses National Underage Drinking Enforcement Training Conference in Dallas

Advocate and national leader Nancy Freudenthal, First Lady of Wyoming, spoke at the eleventh national Underage Drinking Enforcement Training conference on the role that a first spouse can play in preventing childhood drinking.

Mrs. Freudenthal applauded the efforts of preventionists and encouraged them to recruit more first spouses to become involved with their efforts. "This issue is more than a good cause – this changes and saves lives. This is the ace in your hands," she said.

Using humor and her perspective as first lady, Mrs. Freudenthal told the crowd, "When you see a first lady, think of the Titanic. Everyone looks like an iceberg to the first lady. She is trying to orient herself, keep the balls in the air, make sense of her role, keep her marriage and her family together." She urged

preventionists to approach their first spouse with an attitude of helpfulness. "Anticipate the negatives, like the time issue. Time is the biggest obstacle women face. The Leadership to Keep Children Alcohol Free will provide the necessities, and in your states you can fit your efforts to whatever degree works best for your first lady, big or small," Mrs. Freudenthal said.

Based on her experiences, Mrs. Freudenthal said that preventing childhood drinking is a public health issue that is so important it

captivates you. "This isn't about prohibition, it's about keeping our children safe," she explained.

A vocal proponent of prevention, Mrs. Freudenthal's efforts can be viewed online at www.wfli.org, www.alcoholfreechildren.org and on the Wyoming First Lady's Initiative Facebook page.

The Wyoming First Lady's Initiative to Reduce Childhood Drinking is made possible by the generous financial support of the Wyoming Legislature and the commitment of the Wyoming Department of Health's Mental Health & Substance Abuse Division.



First Lady Nancy Freudenthal with Anna Nelson who was recently crowned Miss Wyoming. Anna's platform is I Love To Live Alcohol Free, or ♥2LAF.

Notice on Amended Rule for Court Supervised Treatment Program

The Wyoming Department of Health is promulgating an Amended Rule to comply with Enrolled Act No. 77 of the Sixtieth Legislature of the State of Wyoming (Original Senate File No. 0107), W.S. § 7-13-1605(c)(2009), and the Wyoming Administrative Procedure Act at W.S. § 16-3-101, *et seq.* The Amended Rule is titled, *Chapter 8, Rules and Regulations for State Funding and Certification of Court Supervised Treatment Programs*. Copies of the

proposed Rules can be obtained by contracting Enid White, Court Supervised Treatment Program Coordinator at enid.white@health.wyo.gov.

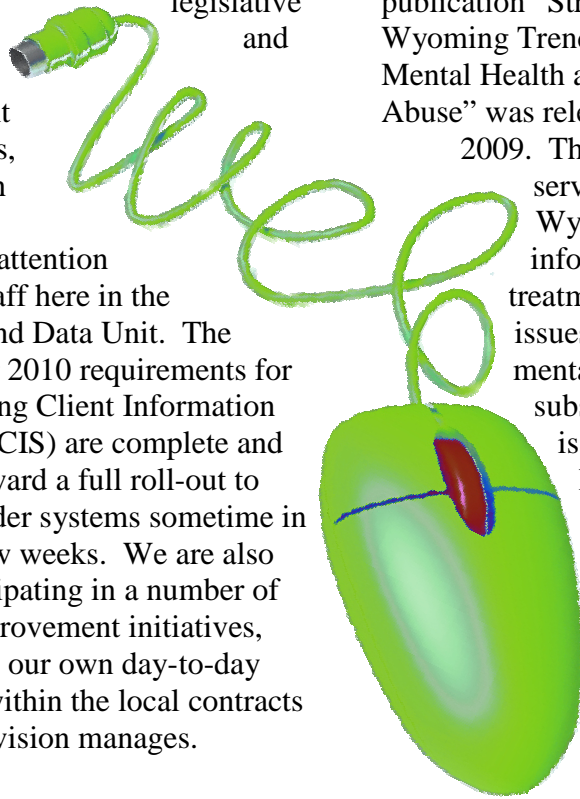
A 45 day public comment period is planned and a public hearing will be held if requested by 25 persons, a governmental subdivision, or an association having not less than 25 members. Written comments must be received **no later than 5:00**

p.m. on September 25, 2009.

If you have questions, please contact Robin Sessions Cooley, Deputy Attorney General, (307) 777-7822. The Wyoming Department of Health contact for this Amended Rule is Eydie Trautwein, Inter-agency Coordinator, Mental Health and Substance Abuse Services Division, (307) 777-6493, eydie.trautwein@health.wyo.gov.

News from the Data Unit

The beginning of Fall brings with it many reports legislative and Federal Block Grant applications, all of which require intensified attention from the staff here in the Research and Data Unit. The Fiscal Year 2010 requirements for the Wyoming Client Information System (WCIS) are complete and moving toward a full roll-out to local provider systems sometime in the next few weeks. We are also busy participating in a number of quality improvement initiatives, both within our own day-to-day work and within the local contracts that our Division manages.



The second edition of the publication "Strength in Numbers: Wyoming Trends and Outcomes in Mental Health and Substance Abuse" was released in June 2009. This publication serves to provide Wyoming-based information on various treatment and prevention issues in the field of mental health and substance abuse. These issues are driven largely by local initiatives, as well as federal- and state-based indicators of success, including:

- in Client Education/ Employment from Treatment Admission to Discharge
- Stability/change in Client Housing from Admission to Discharge
- Client Perception of Care
- Wyoming Drug Court Program outcomes
- Suicide Prevention program accomplishments
- And many other topics

A copy of this publication can be found on our website at: <http://www.health.wyo.gov/mhsa/statistics/index.html>

- Improvements

Smokeless Tobacco: The Future for Tobacco Companies??

If you walk into any local convenience store, chances are that you will see an evolution in tobacco & nicotine products. As more cigarette companies make their foray into the smokeless tobacco market, new smokeless tobacco products have made their way onto the shelves of retail outlets.

Two of these products are Camel Snus (pronounced snoose), made by cigarette manufacturer RJ Reynolds, and Nicogel, made by a company called "Ziggymart" in the U.K.



The introduction of these new products at this time is no coincidence. The cigarette industry has been struggling over the last few years to keep its market share in the wake of increased smoke-free ordinances and policies.

•Snus is smokefree, spitfree tobacco that comes in small pouches, which can be placed under the upper lip. The product is the first smokeless tobacco product to be marketed by a cigarette company in the US, and appears to have been developed to appeal to smokers.

Nicogel is a gel that contains tobacco. It is being advertised as a cigarette replacement product. The safety of this product has not been verified by the FDA.

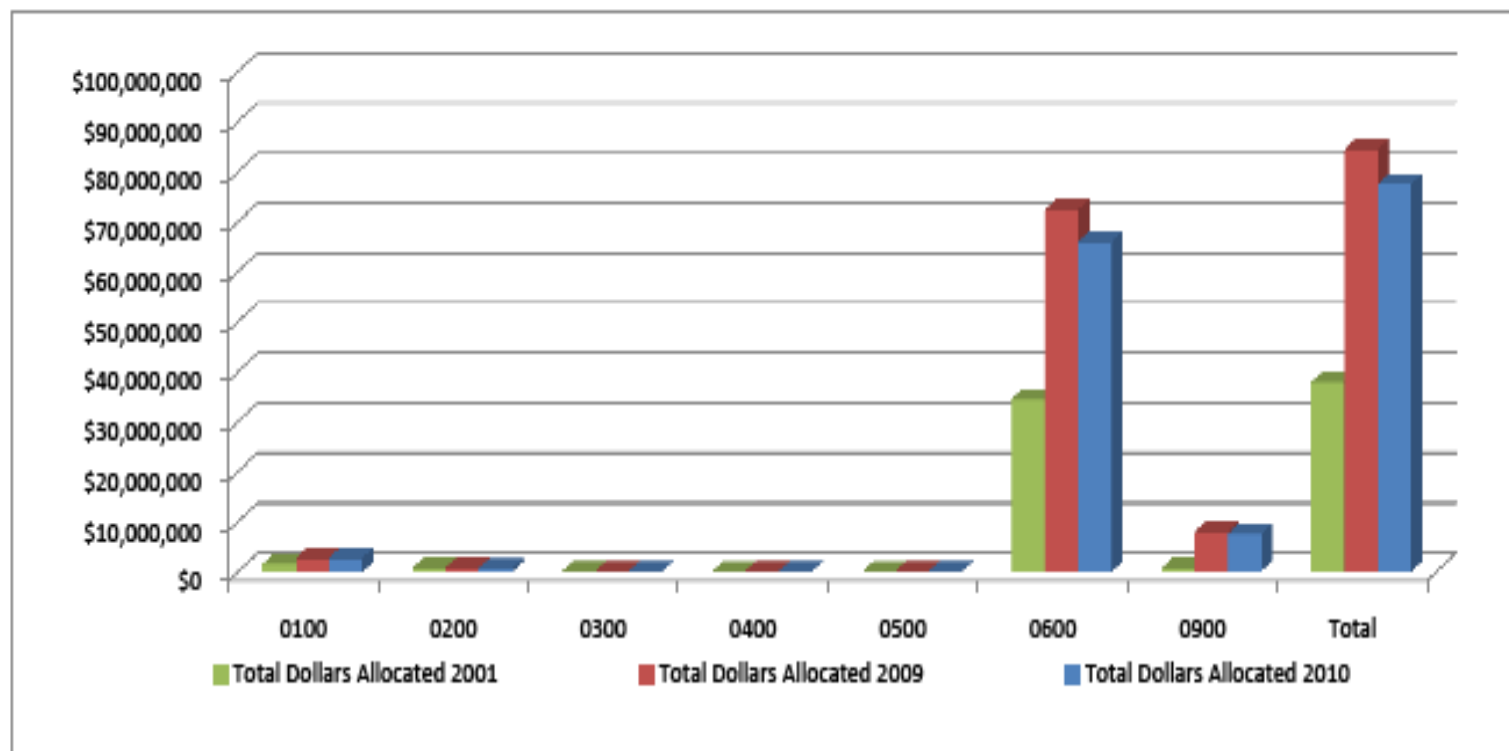
U.S. Smokeless tobacco has become the focus of cigarette manufacturers in order to keep their long time customers using tobacco and to recruit new users to the world of nicotine addiction. Smokeless tobacco is not a safe alternative to smoking.

Budget Cuts Explained

Despite recent budget cuts, it is important to have a historical context of the Division's funding. This graph shows the huge increase in mental health and substance abuse spending in Wyoming in the last decade. Beginning in 2002 with HB59 and continuing with the work of the Select Committee on Mental Health and Substance Abuse, the state has dramatically increased its commitment to these programs. Even with recent budget cuts, the graph shows we remain far above the level of spending of just a few years ago. (NOTE: The 600 Series below includes funds provided to community mental health and substance abuse centers).

Mental Health & Substance Abuse Division Allocations

	Division Salaries 0100	Division Administrative Costs 0200	Indirect Costs, Communication, and Rent Share of Federal Grants 0300	0400	0500	Community Grants and Treatment Services 0600	Professional Service Contracts 0900	Total
Total Dollars Allocated 2001	\$1,649,144	\$798,962	\$108,537	\$26,440	\$16,843	\$34,618,650	\$772,573	\$37,991,149
Total Dollars Allocated 2009	2,804,756	819,892	119,687	109,953	87,042	72,488,434	8,133,480	\$84,563,243
Total Dollars Allocated 2010	2,804,756	747,746	119,687	109,953	87,042	66,070,567	7,688,540	\$77,628,291



Includes State and Federal annual allocations to Mental Health & Substance Abuse Division excluding WSH and Medicaid dollars

The Annual WYSAAG Conference

by Jamie Dakis, Cheryl Sherman, and Amy Davis, WYSAAG Board

The Wyoming Self Advocates Advisory Group (WYSAAG) recently held it's annual conference, "Reaching New Heights: Ending Discrimination," in Lander. Attended by people who have experienced mental health or substance abuse issues in their own lives, the conference proved a great success in that it held an all inclusive approach to the ending of discrimination. The conference had an array of gifted and honorable people who each had their own way of ending discrimination and offering ways to reach new heights.

The conference started with a welcome and positive greeting by Lori Russell, the WYSAAG Chairman. Next Blue Thunder, a Native American inspirational leader, got everyone looking at the aspects of the powers of drumming and how it can bring recovery to life. "It rocked!" said Jamie Dakis. "We all beat the drums."

The plenary session featuring Our Stories was especially poignant in that they were all from the panel's hearts. The participants are to be commended for their openness and strength in addressing the issues of prejudice and how it had affected their lives.

Each year the conference is planned by the elected WYSAAG board with support from the Mental Health and Substance Abuse Services Division. The purpose is to increase consumer advocacy skills and to network. "The session on Self-Advocacy showed me how to tell a tale in a short way so that I don't put my listener to sleep,"

Sherman gave as illustration.

"Board members stepped up and took hold of the brass ring," said Sherman. "Some of us were even a part of breakout sessions. Each of the elected board took a part in the conference introducing speakers or greeting attendees at the registration desk." Sherman's co-presented a session on religion's role in reducing discrimination. She said, "I was appropriately nervous and took from the experience knowledge for how to prepare, what to say and when to say it. When given the chance, I'd do it again."

"One of the most important sessions was the extremely honest and logical explanation of discrimination being wrongly named," said Dakis. "Rodger McDaniel addressed the conference attendants with great hope and enthusiasm for a better world." McDaniel pointed out that, throughout history, we've been asked to go slowly to end discrimination and stigma. Through this avoidance, many people are hurt when it would be just as easy to have done the right thing.

"It is an advantage that we live in a small state and are able to have this kind of access to Mr. McDaniel and others," Davis added. "He listens to consumers and tries to answer every question simply and honestly."

Senator John Hastert, who represents Senate District 13 and the people of Wyoming, lead a fun interactive session with a

Legislature Mock Bill 777. "This was a short look putting us into a legislator's or citizen participant's shoes. It was quite an eye opening experience and the time flew by," Sherman said.

Dakis added, "Senator Hastert illustrated that the input of everyone is the most important aspect of legislative actions that may create or destroy the wish of the people. The participants were active and applause came when sentiments were heard that rang like little bells to wake up the entire system. I realized even more that our voices count whether from the past or in the present."

We were honored by a performance by opera singer Magda Georgio of Jackson Hole. Magda's amazing voice lifted everyone's spirits. "When she sang "Somewhere Over The Rainbow," from the infamous Wizard of Oz, it brought great emotion," Dakis said. "It reminded me of the power of our voices against discrimination and a rising crescendo of hope for our Wyoming reaching new heights."

For more information about WYSAAG including it's newsletter, please visit <http://www.health.wyo.gov/mhsa/initiatives/WYSAAG.html>.

WYSAAG Involvement

By Amy Davis, WYSAAG Board Member

In Wyoming, consumers/partners are able to speak directly with the people in the mental health division, such as Deputy Director Rodger McDaniel. He has been a blessing, as the best listener of all the people I have seen so far in the years I've been involved in Wyoming Self Advocates Advisory Group (WYSAAG). He has tried to always answer every question as simply, yet intellectually, and honestly as possible. He truly cares for those of us with mental illness.

It is an advantage that we live in a small state and are able to have this kind of access to Mr. McDaniel and others attended the conference to share their knowledge of mental health care, mental health awareness, and mental health experiences. The intimacy of the conference allowed for a deeper

sense of sharing, and, thus, a deeper sense of power over our mental illnesses and with our own strength. For many of us, it empowers us to have a strength we never knew we had, and it leads us to have a voice to speak out and share our own experiences, thus leading or improving upon our own recovery processes.

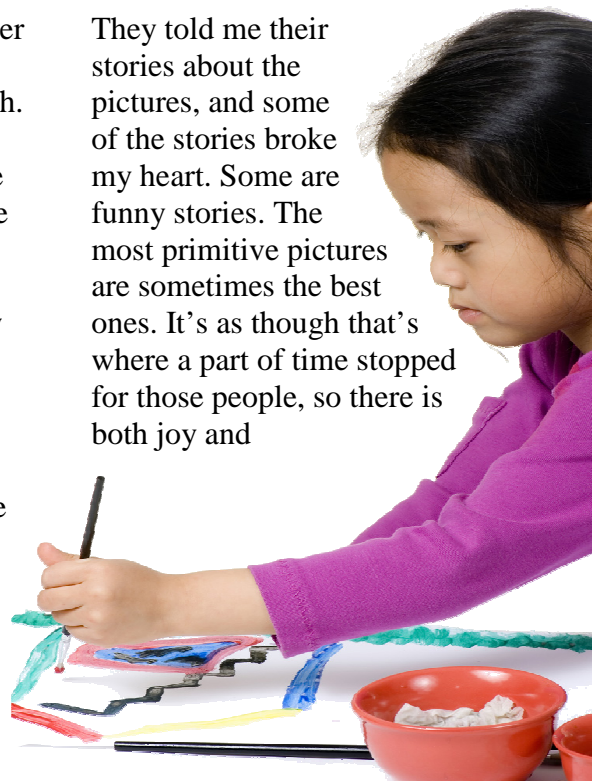
Partners asked intelligent and relevant questions of breakout session presenters. People who are challenged with mental illness issues want to know: with what they are dealing—how to manage and follow all of the medical, governmental, and emotional pathways. They got answers at this conference. All participants learned from each other and from themselves. The value of this is priceless. Each annual conference has new information, thus leaving every partner with a new understanding, useful information or insight for the future.

I gave an artist workshop, in which the participant doesn't have to have any "real talent" at all. I had them draw trees and butterflies, natural objects so often associated with life, new life, optimistic things. I brought all kinds of artists' materials to the workshop, most of them my own, and I let the participants, now artists, use them. A lot of the artists don't have these supplies at home. This accessibility most likely gave the participants new discovery, and I think it's fun for them to just be childlike for a little bit to draw whatever they like about trees and butterflies.

They told me their stories about the pictures, and some of the stories broke my heart. Some are funny stories. The most primitive pictures are sometimes the best ones. It's as though that's where a part of time stopped for those people, so there is both joy and

sadness in the primitive pictures.

Some of these artists are gifted, though, which is astonishing to see. The artists had a chance to relax after a long conference, and take a break, and think about themselves and nature, and have a different perspective on life, art, and relaxation. I believe this goes with them and stays with them for a long time. People always appreciate this workshop. I may end up doing my last one next year because it's the last year I can be on the board. I hope the next board likes me well enough to invite me back for years to come. If not, then I made some people smile for several years in a row. It has been what I lived for all the years I have presented the tree and now tree and butterfly workshop.



Family of Youth with Substance Use Addiction: A National Dialogue

By Alice M. Carter
March 28-29, 2009 Rockville MD

Something is wrong with my child. This was a statement that I made repeatedly to many health care professionals, doctors, teachers, pastors and friends. I spent a lifetime, my daughter's lifetime, making that same statement to anyone who would hear me. To back up my statement I used examples of bizarre behaviors that had happened over the years: a two year old child appearing to give someone a kiss

and biting down so hard on their lip that we had to pry her little jaws apart; a five year old taking a small child's hammer and repeatedly hitting another child on the head with it; a fourteen year old almost beating another young person to death; writing backward, crawling backward, lying, stealing, and denying a circle of vicious actions that could not be understood. I went from stating, to shouting to screaming for help but no one heard me.

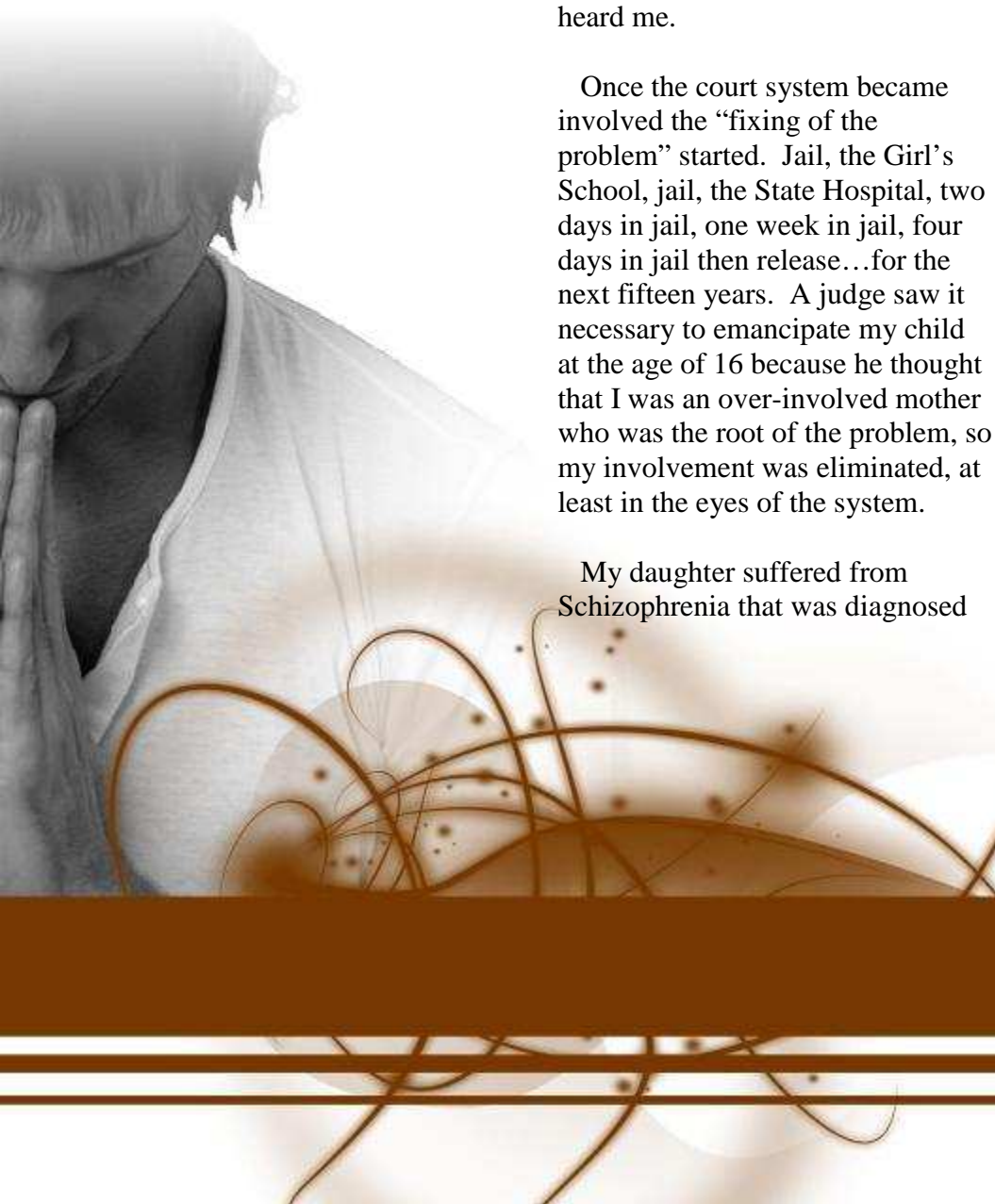
Once the court system became involved the "fixing of the problem" started. Jail, the Girl's School, jail, the State Hospital, two days in jail, one week in jail, four days in jail then release...for the next fifteen years. A judge saw it necessary to emancipate my child at the age of 16 because he thought that I was an over-involved mother who was the root of the problem, so my involvement was eliminated, at least in the eyes of the system.

My daughter suffered from Schizophrenia that was diagnosed

when she was 21. How she chose to treat her mental illness was with alcohol. She succumbed to the ravaging effects of alcoholism when she was 31. I miss even the worst days of being with my child and find that there are still so many things that confuse me about the lack of treatment for my daughter but the one that comes to the top of the pile each time is why did not one person listen to me when I tried to seek help for her?

A blizzard in Colorado, ice storm in Montana, floods in North Dakota and a volcano in Alaska could not stop representatives from 34 states and 6 tribes from meeting in Rockville, MD for The Families of Youth with Sub,stance Use Addiction: A National Dialogue convened by the Center for Substance Abuse Treatment, SAMHSA for the purpose of discussing strengthening family involvement within the youth substance use addiction treatment and recovery field.

The goals for the meeting included strengthening and shaping the roles and responsibilities of families as valued substance abuse treatment/recovery system partners and advocates; developing supports to empower families to create positive change in the



substance abuse treatment/recovery systems; and developing recommendations for strengthening and expanding family involvement in adolescent substance use disorder treatment and recovery systems.

The two days that were spent with families from all over the United States allowed for a time of sharing, learning, and networking with other family leadership. Doors were opened for an honest dialogue about how the effort of family involvement in substance abuse treatment and recovery can be expanded creating an atmosphere of ongoing family involvement efforts not only at the local level but at the State/Tribal and national levels, work that will improve the lives of those families impacted by adolescent substance use, abuse and addiction. There are nine key elements of effective adolescent drug treatment: 1) Assessment and treatment matching 2) Comprehensive, integrated treatment approach 3) Family involvement in treatment 4) Developmentally appropriate program 5) Engage and retain teens in treatment 6) Qualified staff 7) Gender and cultural competence 8) Continuing care and 9) Treatment outcomes. There is often a gap between what families need and what substance abuse treatment systems are prepared to offer.

Untreated youth with co-occurring mental health and

substance use disorders have high rates of suicide, medical problems, homelessness, unemployment, incarceration, truancy, difficulty concentrating at school, tasks at home, part-time work or during extracurricular activities; and poor peer and parental relations (President's New Freedom Commission Report on Mental Health, July 2003).

The solution can be a "family-driven" system of care. Families and youth must be engaged together in the substance abuse treatment system for adolescents, to ensure their full recovery from alcohol and other drug abuse and dependence. To be effective family intervention requires collaboration between providers, systems, and agencies to facilitate meaningful and sustainable family involvement. Family centered services provides adolescents returning to home environments support for continued sobriety, reduces the need for out of home placements, offers more chance to address parental substance abuse, allows for better communication between families, and improves the ability for parents /guardians to consistently provide structure and limit-setting.

Allowing families to be involved in the three key areas of focus for family involvement practice, program and policy will allow families and professionals to partner to design,

implement, and evaluate the delivery of treatment and recovery services at each of the three levels.

Society pays with money, lives and families every time one child quits high school for a life of drug/ alcohol abuse and related crime. Incarceration costs about \$40,000 per person, per year. Yet effective substance abuse treatment for a wayward child can cost as little as \$3,000 per year.

Alice M. Carter

Program Manager

Wyoming Kinship Advocacy
a program of Community Action of
Laramie County



... supporting healthy communities across Wyoming ...

Free Resources for teachers, parents, mental health providers, group leaders, school counselors, children, and youth workers.

WyoCARE is a prevention, education, and treatment oriented program coordinated through the Counselor Education Department at the University of Wyoming.

WyoCARE has the mission of housing and providing free educational resources, offering support and consultation for conference/presentation/meeting planning and training opportunities regarding substance abuse and alcohol prevention, domestic violence and sexual assault prevention, mental health, physical health and treatment information to citizens throughout Wyoming to support healthy communities.

Use our website to review and order materials today!

www.wyocare.org or www.wyocare.com

We are funded by grants from the Wyoming Department of Health, Mental Health & Substance Abuse Services Division

First Annual Conference on Prescription Drug Abuse

The TA Health Education Foundation, with the support of the WDH and the Prescription Drug Abuse Stakeholders Task Force, announces a conference addressing mental health, substance abuse and prescription drug abuse in the state of Wyoming. The training will give local health care practitioners, law enforcement agents and related stakeholders vital tools to battle mental health, drug and alcohol addiction and prescription drug abuse in their communities.

This two part program will take place October 6-9, 2009 at the TA Guest Ranch in Buffalo, Wyoming. It will also be broadcast live, in a two-way interactive format via the Wyoming Telehealth Network. Participants can join the training at participating Hospitals throughout Wyoming or on their personal

computer through live web streaming. This unique training is being offered at **no cost to attendees**, who will also be able to receive education credits they need to remain certified in their job roles (CEU, CME, or POST).

According to SAMHSA, Wyoming's unmet need for treatment of alcohol use consistently ranks above the national average. At the same time Wyoming typically ranks among the ten highest in the nation for its rates of serious psychological stress and major depressive episodes among those 18 to 25. Furthermore, the Wyoming Department of Health released a report stating that **deaths due to prescription drug abuse in the State of Wyoming have doubled since 2005**. At the same time, the Division of Criminal Investigation has seen a 400 percent increase in

investigations into illegal prescription drug activity during the last four years. The Division sees one of its most critical roles is providing opportunities to train and inform therapists, primary care physicians and other health care providers about important new developments in research and science in mental health and addictions treatment.

Registration is open to all health care practitioners, law enforcement personnel, employers, and other interested stakeholders. For complete session descriptions, visit www.tahealth.org. For more information contact: Kirsten Giles
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